

Count Up the Reasons to Offer a Breakfast Bar!

Why not try setting up a Breakfast Bar for your students? We know that children love to have CHOICES, especially when it comes to food! They also like to serve themselves. Advertise the breakfast bar to entice more students to participate in the school breakfast program. Solicit input from students as to what types of foods they would like to have available on the breakfast bar.

Ideas for a cold breakfast bar include:

- Fruit (canned or fresh)
- Juices
- Cereals
- Muffins
- Bagels
- Milk
- Yogurt with Trail Mix Sprinkles

Ideas for a hot breakfast bar include:

- Waffles/Pancakes with Warm Spiced Apple Topping
- Sausage Links
- Hot Cereal (Oatmeal)
- Scrambled Eggs
- Milk

A breakfast bar provides an opportunity to put a new twist on extra fruits, breads, muffins, desserts, etc. from the previous day. Make sure the food item is offered in a different, yet appealing way.

Why not add some fiber into the choices on the breakfast bar?

High fiber items include:

- Cold Cereals such as Frosted Mini Wheats, Cheerios, Raisin Bran
- Oatmeal
- Any variety of fresh, canned, or dried fruit.
- Trail mix with raisins, other dried fruits, and nuts.

Allow sufficient time for the students to eat. Allowing the students to serve themselves via the breakfast bar may require an extra couple minutes in exchange for them eating the foods they choose.

Start gradually! If the idea sounds good, start by offering the breakfast bar just one day a week. If it is successful and the kids like it- you can expand it to more days. Don't hesitate to contact School Nutrition Programs-Team Nutrition Office for more information!